

## Sample Blog Post

### Making Each Day Count During National Prevention Week 2017

**[INSERT ORGANIZATION NAME]** is partnering with the Substance Abuse and Mental Health Services Administration (SAMHSA) to support National Prevention Week, a national health observance focused on increasing the prevention of substance use and promotion of mental health. National Prevention Week 2017 takes place **May 14–20**. This year's theme, "Making Each Day Count," highlights the daily prevention actions that individuals can take by building healthy habits to stay strong, supporting people no matter what they face, and rallying their community to reach its full potential.

It's especially vital to make prevention choices every day when it comes to helping young Americans. Illicit drug use can start early and increases over time—2.6 percent of youth ages 12 to 13 report past month use of an illicit drug, and among 16- to 17-year-olds the rate is nearly 16.3 percent.<sup>1</sup>

Behavioral health issues are not just the problem of "him," "her," or "that person over there." Think of all the connections between people in your neighborhood, town, or city. The effects of one person's mental health or substance use disorder can touch the lives of many others in a community.

**[INSERT 1–2 SENTENCES ABOUT YOUR ORGANIZATION'S SPECIFIC INITIATIVES RELATED TO SUBSTANCE ABUSE PREVENTION AND/OR MENTAL HEALTH]**

You can join **[INSERT YOUR ORGANIZATION'S NAME]** in observing National Prevention Week 2017 by **[INSERT DETAILS OF NATIONAL PREVENTION WEEK EVENT OR WAYS TO BECOME INVOLVED WITH SUBSTANCE USE/MENTAL HEALTH PROGRAMMING AT YOUR ORGANIZATION]**.

Visit the [National Prevention Week website](http://www.nationalpreventionweek.org) to learn more about how to get involved.

The small, daily actions done by individuals, combined with the actions of families, communities, and coalitions, come together to make up the larger, bold movement of prevention. Show how you are "Making Each Day Count" in someone else's life during National Prevention Week, and every week.

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<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2016). *2015 National Survey on Drug Use and Health: Detailed Tables*. Substance Abuse and Mental Health Services Administration, Rockville, MD.